

Los Angeles Region

Los Angeles County



REGIONAL LEAD AGENCIES

California Project LEAN

Johanna Asarian-Anderson
Los Angeles County Department of Health Services
3530 Wilshire Boulevard Suite 800
Los Angeles, CA 90010

Phone: (213) 351-7809
Fax: (213) 351-2793
Email: janderson@dhs.co.la.ca.us

5 a Day-Power Play! Campaign

Marvin Espinoza
UC Cooperative Extension, Los Angeles County
2 Coral Circle
Monterey Park, CA 91755

Phone: (323) 838-4542
Fax: (323) 838-7449
Email: maespinoza@ucdavis.edu

ABC UNIFIED SCHOOL DISTRICT (ABCUSD)*LIA—School/District Channel***Anna Apoian, RD, CDE**

Nutrition Services Department

16700 Norwalk Blvd

Cerritos, CA 90703

Phone: (562) 926-5566 x21281

Fax: (562) 926-3426

Email: anna.apoian@abcusd.k12.ca.us

Local Share:**\$558,075****State Share:****\$279,038****Year First Funded:****FFY 2002****Target Audience**

- Ages: PreKindergarten; Grades 1-12
- Ethnicities: Asian (6.3%); African American (7.4%); Latino (72.1%); Native American (0.4%); Caucasian (7.9%); Other (5.9%)
- Language: Spanish, Vietnamese, Cantonese, Tagalog, Korean, Khmer, Mandarin, English, Portuguese

Settings

School; Grocery Store; Farmers' Market; Restaurant; Health Center

Description

ABCUSD is targeting the students, parents and teachers at a Teen Parent Program and school sites that have the support of administration and educators. The uniqueness of the program is that they are training the school nurses in order to train the teachers to enhance and incorporate new nutrition and physical education information into their existing lesson plans. The nurses are a key link and are an asset into tapping into networks that already exist. Nurses are known and welcomed faces, trusted by the targeted population.

During this first starting year, they are utilizing the School Health Index Module 2 to assess the nutrition and physical education curricula already in use. This assessment provides them with a map, focusing their reinforcement efforts in appropriate areas. They will use "The Health Framework for California Public Schools" as a guide for any changes.

They will also take advantage of existing and proven resources by other organizations, including special events, curriculum, training materials, lesson plans and more.

Initially, they will focus their energies on a few sites, allowing the tentacles of these grant funds and efforts to reach into the classrooms, lunch rooms, nursing office, PTA rooms, and homes.

ALHAMBRA SCHOOL DISTRICT*LIA—School/District Channel***Judy Huffaker**15 West Alhambra Road
Alhambra, CA 91801

Phone: (626) 308-2501

Fax: (626) 308-2290

Email: huffaker_judy@alhambra.k12.ca.us

Local Share:**\$1,038,492****State Share:****\$519,246****Year First Funded:****FFY 2001***Secondary Contact:***Amy Rush**15 West Alhambra Road
Alhambra, CA 91801

Phone: (626) 308-2754

Fax: (626) 308-2290

Email: arush@earthlink.net

Target Audience

- Ages: PreKindergarten; Grades 1-8
- Ethnicities: Asian (47.3%); African American (0.8%); Latino (42.5%); Native American; Pacific Islander (0.1%); Caucasian (8.7%); Filipino (0.6%)
- Language: Spanish, Vietnamese, Cantonese, Tagalog, Khmer, Mandarin, English

Settings

School

Partners

5 partners from: School Food Service; Parks and Recreation; Project LEAN; University of California Cooperative Extension; American Cancer Society

Description

This new funding year has brought many organizations and agencies together in partnering with Alhambra School District's Nutrition Network. The Nutrition Network is providing support at the elementary level this year. Their target audience is teachers, support staff, cafeteria personnel, students, and parents of approximately pre-K through grade 8 from low-income schools.

They offer "Harvest of the Month" featuring a monthly produce item for classroom sampling in conjunction with an informational packet for classroom use. A total of 360 teachers, 80 staff members and 8000 students are reached through this program. During the month, the featured produce item is available for classroom activities and sampling. Concurrently, the Food Service Department incorporates the same fruit or vegetable into the school menu. Teachers and cafeteria managers have observed students changing their behavior by consuming more fruits and less waste during the lunch period.

School sites involved in the Network are encouraged to coordinate and implement nutrition education and physical activity promotion interventions that are site appropriate and planned jointly their school team along with ASD Nutrition Network.

ALONDRA CHURCH OF CHRIST*Faith Community Outreach Special Project***Brenda Payne**

Project Director
2301 East Alondra Boulevard
Compton, CA 90221

Phone: (323) 291-0284

Fax: (310) 632-1147

Email: brenpayne@aol.com

Grant Amount:

\$45,000

Year First Funded:

FFY 2000

Target Audience

- Ages: Grades 4-12; Young Adults; Adults; Seniors
- Ethnicities: African American (70%); Latino (30%)
- Language: English

Settings

Community Center; School; Faith Organization

Partners

8 partners from: Schools; Parks and Recreation; Non-profit agencies; Contracted chef; LA BIND

Description

This Compton, CA, church is continuing to implement its nutrition/health education ministry, Tending to the Temple, in their congregation and community. This program reaches out to over 1,000 low-income African-Americans in Compton, South Central Los Angeles and Watts through partnerships with four sister congregations and local community agencies.

Within ACoC and partnering congregations, Tending to the Temple offers the Meet the Challenge program and the Healthy Church Auxiliary Program. The Meet the Challenge program entails participants meeting a nutrition/health related challenge each month (i.e., eat five servings of fruits and vegetables daily). The program is designed to encourage small steps toward better nutrition, increased physical activity and ultimately better health. Participants attend a bi-monthly nutrition/health workshop to reinforce new habits. The Healthy Church Auxiliary Program provides nutrition/health education to auxiliaries and committees within the church. The committees are assisted in developing strategies to contribute to a healthy church environment. The committees disseminate health related information to their members, host one health related event and advertise Tending to the Temple events. Also, nutrition messages are disseminated to the churches via the pulpit, weekly bulletins, a health resource center, and event flyer.

Tending to the Temple offers the Healthy Family Series to low income populations by partnering with community agencies. The program consists of four healthy cooking classes, one nutrition education workshop and one fitness demonstration/workshop. The church offers an annual community health fair where church and community members receive nutrition related information, healthy food samples, and contact with community based health organizations.

Project evaluation measures include participation in channel-wide evaluation of fruit and vegetable intake and physical activity habits, attendance records, and participant evaluation.

APOSTOLIC FAITH HOME ASSEMBLY, INC. (AFHA)*Faith Community Outreach Special Project***Charles A. Tolbert**

3200 W. Adams Boulevard
Los Angeles, CA 90018

Phone: (323) 731-7303 x210

Fax: (323) 731-2319

Email: scollins@homeassembly.org

Grant Amount:

\$55,000

Year First Funded:

FFY 1999

Target Audience

- Ages: Grades 1-12; Young Adults; Adults; Seniors
- Ethnicities: African American (90%); Latino (5%); Pacific Islander (5%)
- Language: English

Settings

Community Center; Grocery Store; Farmers' Market; Faith Organization

Partners

10 partners from: Local Health Department; Project LEAN; College/University; University of California Cooperative Extension; Local Department of Social Services; SPA6; LAUSD & African American Health Council; Farmer Insurance

Description

Apostolic Faith Home Assembly's (AFHA) current nutrition and physical activity program is a faith based community approach to change child and family health behaviors, and to address health disparities facing African Americans who are at risk for overweight, obesity and cardiovascular diseases. A major goal of the program is to involve existing and potential food stamp clients/families, church, and community members in the design and development of program interventions for the purpose of ownership and empowerment.

Apostolic Faith Home Assembly serves a predominantly African American congregation of approximately 350. The community surrounding the church is composed of primarily low-income African American and Hispanic residents. AFHA has served the community by providing a variety of social services, including a food bank, clothing closet, and individual and family counseling. Nutrition education activities include monthly seminars on healthful meals and increasing consumption of fruits and vegetables in the church, health fairs, health screenings and taste testing. An AFHA Advisory Group meets regularly to plan and oversee the implementation of activities. The Annual Health/Healthy Food Fair and Walkathon provides community residents with free diabetes checks, mammograms, HIV testing, prostate cholesterol testing and other services through collaboration with hospital and health clinics in the area. Congregational members are reached by promoting outreach information through the AFHA website and the monthly newsletter mailing to approximately 300 members. The newsletter carries articles on various nutrition and health issues selected by their health professional team. AFHA works with its partners to collect process, outcome, and impact data.

BAPTIST CHURCH OF THE NEW COVENANT*Faith Community Outreach Special Project***Scarlett Small**

10843 Kenney Street
Norwalk, CA 90650

Phone: (310) 336-4794

Fax: (562) 864-1284

Email: newcovbaptist@aol.com

Grant Amount:

\$48,983

Year First Funded:

FFY 1999

Target Audience

- Ages: Adults; Seniors
- Ethnicities: African American (75%); Latino (25%)
- Language: English

Settings

Grocery Store; Faith Organization

Partners

Local Health Department; Project LEAN

Description

The Progressive Health and Nutrition Network (PHANN) serves as a coordinating body to provide nutrition education services to low-income families in churches in southern Los Angeles County. Outreach is conducted to increase consumers' knowledge of the importance of increasing intake of fruits and vegetables and participation in daily physical activity for better health. The selected churches are members of the ministerial alliances of Baptist and Methodist churches as well as several nondenominational churches. The target populations are low-income community residents who may or may not be members of the participating churches, but are eligible for or participating in the Food Stamp program.

PHANN is implementing a marketing strategy to publicize the program, the 5 a Day messages and the Food Stamp Program to the larger community and specifically to the participating churches. The marketing strategy includes the distribution of brochures, flyers and fans with nutrition messages, to Food Stamp offices, community centers, WIC offices, check cashing stores, hair and nail salons, soul food and fast food restaurants, etc. Articles are written for local newspapers as well as newsletters for church magazine racks. The cable television stations will be contacted to schedule programming for at least two nutrition shows. Radio stations are contacted to air public service announcements and guest appearances on the air for live interviews.

The major focus of PHANN is the implementation of a variety of nutrition activities at the 20 participating churches. At a minimum, each of the churches will have one, three hour nutrition seminar. Other more established churches will have weekly, monthly and /or quarterly activities, which will include health education seminars, health fairs and physical activity programs. Nutrition is incorporated into the churches special events, such as Mother's Day, church picnics, holiday celebrations and Black History Month. All food served at church events will have an emphasis on fruits and vegetables and low fat cooking practices. The health ministries at the participating churches are working with the nutrition and outreach coordinators to plan and implement the activities.

BELLFLOWER UNIFIED SCHOOL DISTRICT*LIA—School/District Channel***LeAnne Whitney**16703 South Clark Avenue
Bellflower, CA 90706

Phone: (562) 866-9011

Fax: (562) 461-2205

Email: lwhitney@busd.k12.ca.us

Local Share: \$66,225**State Share: \$33,081****Year First Funded: FFY 2002**Target Audience

- Ages: Grades 1-12
- Ethnicities: Asian (3%); African American (16%); Latino (60%); Native American (1%); Pacific Islander (1%); Caucasian (15%); Other (4%)
- Language: Spanish, English

Settings

School; Grocery Store; Farmers' Market

Partners

Schools; School Food Service; Local Health Department; Parks and Recreation; Project LEAN

Description

In their first year with the *Network*, Bellflower is making teacher education a first priority in order to intensify nutrition education in the classroom. *Network* staff will develop workshops for teachers based on a teacher needs assessment. Another planned activity will be elementary student trips to the local Farmers' Market that will incorporate learning activities at the market. These trips will also be synchronized with in-classroom nutrition education. Parents will be targeted through a semi-annual newsletter, messages on the school foodservice menu, and outreach for the food stamp program. Another area of emphasis at Bellflower USD is the promotion of participation in school breakfast. In order to promote physical activity among the students, Bellflower will complete planning for the October 2003 Walk to School Day during this fiscal year.

CALIFORNIA STATE UNIVERSITY, LOS ANGELES*LIA—College/University Channel***Laura Calderon, DrPH, RD**

Department of Kinesiology & Nutritional Science

5151 State University Drive

Los Angeles, CA 90032

Phone: (323) 343-5439

Fax: (323) 343-6482

Email: lcalder@calstatela.edu

Local Share: \$59,256**State Share: \$29,628****Year First Funded: FFY 1999**Target Audience

- Ages: Grades 9-12; Adults
- Ethnicities: Asian (20%); African American; Latino (60%); Pacific Islander (5%); Caucasian (15%)
- Language: Spanish, Vietnamese, Armenian, Mandarin, English

Settings

School; Grocery Store

Partners

Schools; School Food Service; Local Health Department; Project LEAN; College/University; University of California Cooperative Extension

Description

California State University, Los Angeles has partnered with Francisco Bravo Medical Magnet High School to develop a nutrition education and physical activity intervention aimed at high school students and their families. This intervention uses a peer advocacy model; this model encourages student empowerment, peer training and policy change.

Francisco Bravo Medical Magnet High School, grades 7-12, is located in a commercial and residential section of East Los Angeles. The community's population is comprised primarily of lower socio-economic Latinos. Approximately 40 percent of the students attending Bravo are from the surrounding community. The remaining 60 percent come from various areas served by the Los Angeles Unified School District. Approximately 70 percent of the student body is eligible for free- or reduced-priced lunches.

CALIFORNIA STATE UNIVERSITY, NORTHRIDGE*LIA—College/University Channel*

Jerry Ann Harrel-Smith	Local Share:	\$170,394
Dept of Family Environmental Sciences, CSUN	State Share:	\$89,197
18111 Nordhoff Street	Year First Funded:	FFY 1998
Northridge, CA 91330-8308		
Phone: (818) 677-7251		
Fax: (818) 677-4778		
Email: jerry.a.smith@csun.edu		

Target Audience

- Ages: PreKindergarten; Grades 1-7, 10-12; Young Adults; Adults; Seniors
- Ethnicities: Asian (5%); African American (10%); Latino (84%); Caucasian (1%)
- Language: Spanish, Korean, English

Settings

Community Center; School

Partners

9 partners from: Schools; Senior Center; Head Start Centers

Description

Project Vitality Across the Lifespan (VAL) reflects our sustained commitment over four years (1999-2003) to provide educational programs, to low-income families, that promote healthy choices throughout the lifespan. Planned presentations and activities for each age group are developmentally appropriate and culturally sensitive. The unique curriculums of project VAL emphasize the dynamic interaction between nutrition and physical activity.

Project Goal (2002-2003): Project VAL utilized 12 cross-disciplinary CSUN student /faculty teams, to increase awareness of the importance of nutrition and physical activity. We plan to reach approximately 450 unduplicated low income, predominately Hispanic/Latino and African American parents, community elders, and their preschool, elementary, middle, and high school children and adolescents were reached through a total of 72 presentations in the communities of Pacoima, San Fernando, Van Nuys, and Reseda. These low-income communities are all located in the San Fernando Valley, which is a part of the Los Angeles Unified School District of Southern California.

Service Sites

- 5 Head Start Centers—3 operated by Child Care Resource Center and 2 by the Latin American Civic Association
- 3 Middle Schools—San Fernando Middle, Pacoima Middle & Maclay Middle
- 3 Pregnant teen sites—MacAllister High-Reseda site, Cal-Safe-Arleta site, and Van Nuys site
- Northeast Valley Multipurpose Senior Center

The 12 month project will involve the multi-disciplinary collaboration of about 130 students and 12 faculty supervisors from four academic departments in the College of Health and Human Development at CSUN: Family & Environmental Sciences (Nutrition/Dietetics & Family Studies), Kinesiology, Health Sciences, and Leisure Studies & Recreation. Project VAL, in its fourth year of operation, is funded through the California Department of Health Services' *Nutrition Network* program with funds that originate at the U.S.D.A.

COMPTON COMMUNITY COLLEGE*LIA—College/University Channel*

Ms. Anna Erro	Local Share:	\$571,610
1111 East Artesia Blvd	State Share:	\$285,805
Compton, CA 90221-5393	Year First Funded:	FFY 1999
Phone: (310) 900-1600 x2272		
Fax: (310) 900-1614		
Email: erro_a@compton.edu		

Target Audience

- Ages: All Ages
- Ethnicities: Asian (5%); African American (75%); Latino (25%)
- Language: Spanish, Vietnamese, Khmer, English, Lao

Settings

Community Center; School; Grocery Store; Farmers' Market; CBO/A

Partners

Schools; Project LEAN; College/University; University of California Cooperative Extension

Description

This project provides an array of on-campus and off-campus community-oriented nutrition education activities contained within a total of fourteen objectives.

On-campus target groups include an annual summertime Kollege for Kids program aimed at low-income youth; participants in the college's annual Health Fair; participants in the college's annual National Youth Sports Program; children and caregivers in the college's Child Development Center; and participants in the college's Americorps training and placement program and the college's CalWORKs and Foster Parents training programs; and diabetes prevention workshops provided to at-risk individuals.

Off-campus nutrition education programs are provided by project staff, consultants, and subcontractors within the college's target service area encompassing Compton and parts of South Central Los Angeles and Long Beach including childcare programs; over 100 workshops for Southeast Asians in at least three native languages; diabetes prevention workshops provided to at-risk individuals through participating community-based organizations; and a traveling nutrition education workshop and materials display program that is integrated into selected high profile community functions and events.

Three new elements of the college's project include production of a Healthy Nutrition Cooking Show video pilot as the basis for a possible series of shows to be broadcast and cablecast locally. The project is also determining the feasibility and support for an on-campus farmers' market. The project also is concerned about low-income families having access to more low-cost healthy foods in certain neighborhoods in South Central Los Angeles.

DOWNEY UNIFIED SCHOOL DISTRICT*LIA—School/District Channel*

Colleen Anderson, RD
 11627 Brookshire Avenue
 Downey, CA 90241
 Phone: (562) 469-6679
 Fax: (562) 469-6677
 Email: cmanderson@dusd.net

Local Share: \$423,964**State Share: \$211,415****Year First Funded: FFY 2000**Target Audience

- Ages: Grades 1-8; Adults
- Ethnicities: Asian (1%); African American (4%); Latino (71%); Caucasian (17%); Other (6%)
- Language: Spanish, English

Settings

School

Description

Project goals include:

1. To promote consumption of 5 servings of fruits and vegetables a day and 60 minutes of physical activity for children and 30 minutes among adults.
2. To increase collaborative partnerships to expand nutrition education/physical activity opportunities to low-income families in the District.
3. To connect nutrition education into core curriculum with the use of Nutrition Education Resource Centers and cooking carts.

To help achieve these goals, they are planning nutrition education classes with teachers that will focus on the foundations of nutrition as well as how to connect nutrition to core curriculum. Nutrition Education Resource Centers will be available at all participating schools to help teachers more effectively implement a comprehensive nutrition education program. Cooking carts will be used to help teach students how to prepare healthy snacks. The project will initiate a "Harvest of the Month" program to educate students and teachers about produce items with the ultimate goal of increasing consumption. To extend program reach, Downey USD will be offering parent nutrition education classes and will be promoting healthful eating, increased physical activity, and nutrition programs during open house nights. To extend outward to the community, the district will participate in the Downey City Fair. The hope is to create an environment that not only teaches about healthful lifestyles, but also motivates students to want to incorporate these principles into their own life.

DUARTE, CITY OF, PARKS AND RECREATION DEPARTMENT*Healthy Cities and Communities Special Project***Donna Georgino**

1600 E. Huntington Drive
Duarte, CA 91010

Phone: (626) 357-7931

Fax: (626) 358-0018

Email: dgeorgino@accessduarte.com

Grant Amount:

\$25,000

Year First Funded:

FFY 1999

Target Audience

- Ages: Grades 3-12
- Ethnicities: Asian (12%); African American (9%); Latino (43%); Native American (1%); Caucasian (32%); Other (3%)
- Language: Spanish, English

Settings

Community Center; School; Restaurant; Recreation Center

Partners

12 partners from: Schools; School Food Service; Parks and Recreation; Project LEAN; Chamber of Commerce; Hospital

Description

The City of Duarte and its partners implemented the "Healthy Choice" program in February 2000 and the three year funding cycle monitored by California Healthy Cities and Communities (CHCC) ended January 31, 2003. However, Duarte continues to receive funding as a *Network* LIA to improve the health and well being of its residents. Results for the final project year are as follows

A total of 359 youth participated in a variety of nutrition education activities. Nutrition education activities included:

The Parks and Recreation Department conducted the first of two six-week healthy cooking classes for children 8-12 years of age. These weekly classes taught children how to prepare healthy meals, and provided nutrition activities and recipes to use at home.

A total of 617 youths participated in the Summer Lunch Program at the Teen Center which included weekly nutrition education activities. The 5-member Teen Nutrition Council worked with 22 first- to sixth-grade children in a local day care program to evaluate the effects of nutrition education and physical activity promotion. The youth discussed nutrition and physical activity issues and participated in physical activities that included walking and swimming. At the end of the program, the Council conducted focus groups with the children, in which the children self-reported that they increased their awareness of healthy foods, and improved their eating and exercise habits.

On November 26, 2002, the Duarte City Council unanimously adopted the Duarte Teen Nutrition Council's 2002 Food Policy Recommendation that the City provide at least one healthy alternative snack at all city-sponsored meetings and events in which refreshments are served. The City Council also authorized the Teen Nutrition Council to participate in the policy's implementation by training City staff in ways to improve the refreshment choices offered. To prepare its policy

recommendation, the Council researched food policies from other cities and audited the types of snacks served at City meetings by interviewing City representatives and attending meetings. They researched alternative snacks, including conducting a cost analysis and impact of proposed changes on City resources, and participated in training on public speaking. All teens reported that the process increased their leadership and policy development skills. Finally, the Council conducted four restaurant reviews which appeared in the Teen Center newsletter and in The Duarte View newspaper. The reviews provide information on nutritional content, portion sizes and healthy choices available at local restaurants.

Nine Spanish-speaking adults completed 10 hours of training in the “Por La Vida” nutrition education train-the-trainer program. This program recruited its participants from an existing parent group at a local elementary school. Participants reported increased nutrition knowledge and improved food selection, cooking, eating and exercise habits among themselves and within their families. Each trained parent then conducted her own nutrition education course with a group of four to seven parents, bringing the total number of parents receiving nutrition education to 61.

DUARTE, CITY OF, PARKS AND RECREATION DEPARTMENT*LIA—Parks and Recreation Channel*

Donna Georgino	Local Share:	\$90,067
1600 E. Huntington Drive	State Share:	\$45,034
Duarte, CA 91010	Year First Funded:	FFY 1999
Phone: (626) 357-7931		
Fax: (626) 358-0018		
Email: dgeorgino@accessduarte.com		

Target Audience

- Ages: Grades 3-12
- Ethnicities: Asian (12%); African American (9%); Latino (43%); Native American (1%); Caucasian (32%); Other (3%)
- Language: Spanish, English

Settings

Community Center; School; Restaurant; Recreation Center

Partners

12 partners from: Schools; School Food Service; Parks and Recreation; Project LEAN; Chamber of Commerce; Hospital

Description

A local elementary school in the City of Duarte with over 95 percent of its children receiving free lunch has been recruited to develop a school garden. At least 20 children will receive at least 20 hours of nutrition education over a four-month period.

The five students on the Teen Nutrition Council will conduct a needs assessment. They will also make arrangements to have six displays at community events to provide nutrition information, referrals to nutrition assistance programs, including the messages promoting physical activity, taste testing, and/or physical activity demonstrations.

The Council will visit a different local restaurant each month, taste test the food, and write a monthly restaurant review for the Teen Center newsletter. The article will discuss nutritional aspects of the meals and ways to incorporate fruits and vegetables into meals at designated local restaurants. The newsletter is distributed to over 600 students at Northview Intermediate School.

Thirty children will participate in a healthy cooking class series. The class will include preparation and tasting of an entire meal with focus on eating 5 servings of fruits and vegetables each day. Each week students are given a worksheet to take home focusing on a healthy eating tip for the week.

EAST LOS ANGELES COLLEGE*LIA—College/University Channel***Manjit Kaur, PhD**1301 Avenue Cesar Chavez
Monterey Park, CA 91754

Phone: (323) 265-8916

Fax: (323) 260-8148

Email: manjitkaurjs@msn.com

Local Share: \$1,748,108**State Share: \$874,054****Year First Funded: FFY 1999**Target Audience

- Ages: All Ages
- Ethnicities: Asian (25%); Latino (70%); Caucasian (2%); Other (3%)
- Language: Spanish, Cantonese, Mandarin, English

Settings

Community Center; Clinic; School

Partners

4 partners from: Schools; Project LEAN; College/University; University of California Cooperative Extension; American Cancer Society

Description

This East Los Angeles-based project provides a number of campus-based nutrition education programs and activities as well as a large number of off-campus programs and activities, largely implemented through active partnerships with four school districts at multiple schools and sites using various intervention techniques within the East Los Angeles area.

Programs and activities on the East Los Angeles College (ELAC) campus include nutrition education for key faculty and staff, college athletic teams, the general student population, targeted Hispanic students who want to lose weight and learn how to eat healthier food. Off-campus ELAC projects include diabetes education and information provided at the Garfield Medical Center for at-risk adults to prevent and manage diabetes; workshops for predominantly Chinese-Americans on a wide variety of topics also provided at the Garfield Medical Center; and an obesity prevention program provided for Hispanic adults at Beverley Hospital.

Administered by one of the two project field coordinators, food preparation training and nutrition education is provided to students at Alhambra Century High School and their families. Workshop topics and related activities include basic nutrition education and cooking classes, workshops on perinatal and child nutrition, taste tests for healthy snack bar items, family potlucks emphasizing healthy recipes, demonstrations and food samples for healthy breakfasts, workshops on cultural barriers to habit change, label reading and healthy eating, and a two-day electronic media-oriented cartoon activity as the basis for the project's PSAs.

The project's partnership with the Montebello Unified School District (MUSD) operates in three venues. Activities at Montebello High School feature after school cooking and nutrition education classes for extra credit, a Milk Challenge taste test campaign, and a school-wide poster contest. Nutrition education at the District's Teen Parent Program includes the provision of information on eating disorders and positive body image, perinatal nutrition information and infant care, general nutrition education, and participation in MUSD Teen Parent Conference and CAL-SAFE graduation ceremonies. ELAC's project with MUSD also includes providing a number of nutrition education workshops and activities in after-school programs at multiple school sites.

EL MONTE CITY SCHOOL DISTRICT*LIA—School/District Channel*

Wanda Grant, RD	Local Share:	\$327,852
3540 N. Lexington Avenue	State Share:	\$163,926
El Monte, CA 91731-2684	Year First Funded:	FFY 1998
Phone: (626) 453-3734		
Fax: (626) 350-4860		
Email: wgrant@emcsd.org		

Target Audience

- Ages: Grades 1-8
- Ethnicities: Asian (12%); Latino (78%); Caucasian (6%); Other (4%)
- Language: Spanish, English

Settings

Community Center; School; Grocery Store; Parks and Recreation Centers

Partners

8 partners from: Schools; School Food Service; Local Health Department; Parks and Recreation; Project LEAN; University of California Cooperative Extension; American Cancer Society; Dairy Council

Description

El Monte City School District continues Nutrition Education Outreach to several audiences. While students are their main focus, they understand that Nutrition Education should reach their children in all areas of their lives and that the message should have continuity.

In order to reach students in the classroom, each of the schools is equipped with a cooking cart and library cart containing nutrition education books, tapes, lesson plans and models. Guest chefs and Nutrition Education Activity Assistants are also available to help implement lessons in the classroom. Monthly activities such as "Harvest of the Month" and Apple and Pumpkin promotions allow regular contact with teachers via the Nutrition Task Force Members. Nutrition Services also hosts several district-wide events allowing direct interaction with the students, these include an annual Grocery Store Scavenger Hunt, Nutrition Expo, Nutrition Carnival and Nutrition Advisory Council Conference.

Since keeping the most current materials in the hands of the teachers is one of their main focuses, teacher in-service trainings are conducted four times this year. Teacher developed lesson plans continue to be collected and are in the process of being posted on the district intranet for other teachers to access.

Parents pass on to their children the information the *Network* provides at Back to School Nights, open houses, and parent meetings. Each of the schools are equipped with Nutrition Services displays, containing parent-friendly English/Spanish brochures, Lunch Menus and Meal Applications. Finally, they provide Staff and Nurse's in-services and encourage them to help the project promote healthy eating throughout the district.

HAWTHORNE SCHOOL DISTRICT*LIA—School/District Channel*

Lynette Rock	Local Share:	\$960,447
Ramona School	State Share:	\$480,224
4617 W 135th St	Year First Funded:	FFY 1999
Hawthorne, CA 90250		
Phone: (310) 349-1184		
Fax: (310) 349-1945		
Email: lrock@hawthorne.k12.ca.us		

Target Audience

- Ages: PreKindergarten; Grades 1-8
- Ethnicities: Asian (3%); African American (25%); Latino (52%); Native American (14%); Pacific Islander (1%); Caucasian (4%); Other (1%)
- Language: Spanish, English

Settings

School

Partners

6 partners from: Schools; School Food Service; Project LEAN; University of California Cooperative Extension; Probation Education Athletic League; Moneta Gardens Improvement Inc.

Description

The Hawthorne School District (HSD) is located in Los Angeles County and consists of eight elementary and three middle schools. Eighty-four percent of the student population qualifies for free/reduced meals and all of the schools are target sites. The goals of the project are to promote healthy eating and physical activity by forming a link between the cafeteria, classroom and community. This link creates school environments that reflect a comprehensive commitment to the health and well being of all of the students.

The cafeteria is the key link to nutrition education on school campuses. Every school cafeteria highlights a "Garden Bar" and conducts a "Harvest of the Month" (HOTM) promotion. Food service employees designated as Nutrition Education Activity Assistants encourage students to try the featured produce and promote nutrition education activities. Teachers receive an HOTM newsletter, which includes nutrition education lessons tied to core curriculum standards, and kid-friendly recipes.

Nutrition education in the classroom is another strong component of the program. The *Network* Team includes a full-time teacher. Monthly teacher trainings link nutrition and physical activity to the core subject areas at all grade levels. Every elementary school in HSD has a fully equipped cooking cart for use in classrooms. Gardening activities flourish on school campuses. Nutrition Advisory Councils are active exploratory classes at our middle schools.

Community outreach is the third component of our program. A weekly newspaper article is written and published in local newspapers. They have partnerships with the City Cable Television and other local non-profit community agencies to promote healthy eating at health fairs and other community events. Additionally, nutrition education for parents has been woven into existing district parenting classes.

HOLY FAITH EPISCOPAL CHURCH*Faith Community Outreach Special Project*

Rev. Dr. Joanne Leslie
 260 North Locust Street
 Inglewood, CA 90301
 Phone: (310) 674-7700
 Fax: (310) 674-7181
 Email: jleslie@ucla.edu

Grant Amount: \$46,815
Year First Funded: FFY 1999

Target Audience

- Ages: Grades 1-12; Young Adults; Adults; Seniors
- Ethnicities: Asian (1%); African American (50%); Latino (37%); Native American (1%); Pacific Islander (1%); Caucasian (10%)
- Language: Spanish, English

Settings

Faith Organization; Senior Center

Partners

6 partners from: Local Health Department; Parks and Recreation; College/University; Other Churches; Jubilee Consortium

Description

The Inglewood Inspiration Nutrition And Fitness Project (INFP) has become an integral part of the many community outreach activities of Holy Faith Episcopal Church, located in the low-income and predominantly African-American and Latino community of Inglewood, California. As part of its goal to help parishioners and members of the broader Inglewood community achieve optimal health through increased consumption of fruits and vegetables and through regular exercise, the Project offers numerous opportunities for community members to learn about nutrition and fitness. Regular nutrition education and healthy-foods preparation demonstrations are offered at yoga and aerobics classes located at the church and at the nearby Inglewood Senior Citizens Center. Nutrition education and healthy food tastings take place during the church's weekly food pantry distribution and at church socials, annual picnic, and ethnic fairs. INFP works with the church's Alternatives To Violence program for middle- and high school- aged youth, offering healthy snacks and education about healthy eating during activities sponsored by the program. Project staff also collaborate with the church based after-school program to ensure fruits and vegetables are served frequently and attractively to the children, and also offer periodic nutrition education to youth participating in the after-school program. A highly successful new Project component launched in Summer 2002 was the four-week Summer Fun And Fitness Program for community youth. At this day camp children learned to prepare healthy snacks with fruits and vegetables and to participate in daily games that encouraged exercise and increased awareness of the importance of regular physical activity.

LONG BEACH CITY COLLEGE*LIA—College/University Channel*

Marianne Foust	Local Share:	\$357,561
1305 East Pacific Coast Highway	State Share:	\$178,781
Long Beach, CA 90806	Year First Funded:	FFY 1999
Phone: (562) 938-3011		
Fax: (562) 938-3120		
Email: mfoust@lbcc.edu		

Target Audience

- Ages: PreKindergarten; Grades 9-12; Young Adults; Adults
- Ethnicities: Asian (3%); African American (24%); Latino (25%); Native American (1%); Pacific Islander (3%); Caucasian (44%)
- Language: Spanish, Hmong, Khmer, English

Settings

Community Center; School; Grocery Store; Farmers' Market

Partners

5 partners from: Local Health Department; Project LEAN; College/University; University of California Cooperative Extension; Local Department of Social Services

Description

The Food, Fun, Family Program provides students/parents of children in the Long Beach City College Child Development Centers with the information they need to make food and shopping choices that will enhance the health of their families. The students/parents learn that eating a balanced diet, which includes a minimum of five servings of fruits and vegetables daily, and getting at least 30 minutes of physical activity daily, will promote the good health of their families and reduce their risk of chronic disease such as certain cancers, diabetes, heart disease, hypertension, and obesity.

The people served are a diverse mix including Latino, Asian, Native American, South Pacific Islanders, White, and African-American individuals who participate in various programs such as Child Care, Parent Education, Foster Care, the foster care Independent Living Program, and the Good Beginnings Never End program for licensed and license-exempt family child care providers in the 90813 zip code.

Nutrition education information includes topics such as food safety, shopping and budgeting, reading food labels, quick and easy meal preparation, appropriate feeding strategies for children at various stages of development, general health and physical activity tips, and community resources for low-income families.

A variety of media and modalities offer messages, such as Topic Tables, taste tests, classes and workshops, food experiences for the children in Child Development Centers, field trips, the food pantry, and printed materials they design and develop, plus printed and taped materials and/or speakers from some of the collaborating agencies within the community.

LONG BEACH UNIFIED SCHOOL DISTRICT*LIA—School/District Channel***Robin Sinks, CHES**

Health Curriculum Leader

1299 E. 32nd Street, #10

Signal Hill, CA 90755

Phone: (562) 997-0632

Fax: (562) 997-0413

Email: rsinks@lbusd.k12.ca.us

Local Share: \$1,535,415**State Share: \$778,950****Year First Funded: FFY 2000**Target Audience

- Ages: PreKindergarten; Grades 1-12
- Ethnicities: Asian (10.8%); African American (19.5%); Latino (46.7%); Native American (0.3%); Pacific Islander (2.1%); Caucasian (17.3%); Filipino (3.2%)
- Language: Spanish, Tagalog, Khmer, English

Settings

School

Partners

Schools; School Food Service; Local Health Department; Project LEAN; University of California Cooperative Extension; Dairy Council of California; ACS; AHA

Description

The Long Beach Unified School District (LBUSD) addresses nutrition education and physical activity promotion through a coordinated school health system that is consistent with CDC's model and is described in the Health Framework for California Public Schools. Building upon existing efforts, LBUSD will utilize *California Nutrition Network* funds to increase the likelihood that low-income students and their families will consume five fruits and vegetables daily, participate in physical activity (60 minutes per day for youth, 30 minutes per day for adults), and participate in food assistance programs. A Project Teacher and Child Nutrition Specialist will work closely with the Health and PE Curriculum Leaders to provide teacher training and parent education classes at low income schools (50 percent+ free/reduced lunch count). Teacher training will cover basic nutrition information, impact on health and academic achievement, and instructional strategies and resources to incorporate nutrition education through literacy efforts. Instructional materials, portable cooking carts, and food demonstrations/tasting will be provided to enhance instruction. Parent education topics include nutrition and physical activity needs of students and adults, reading food labels, food safety and sanitation, and food assistance programs. In addition, after-school recreation programs will incorporate nutrition education activities throughout the program. Educational and promotional items with positive nutrition messages will be provided to participants to motivate and reinforce instructional messages.

LOS ANGELES BLACKS IN NUTRITION AND DIETETICS (LA BIND)

Faith Community Outreach Special Project

Myrtis Tracy	Grant Amount:	\$40,000
2149 Thoreau St	Year First Funded:	FFY 2000
Los Angeles, CA 90047		
Phone: (323) 779-3444		
Fax: (323) 779-0880		
Email: mtracy3@compuserve.com		

Target Audience

- Ages: Young Adults; Adults; Seniors
- Ethnicities: African American (90%); Latino (10%)
- Language: English

Settings

Grocery Store; Farmers' Market; Faith Organization

Partners

6 partners from: Local Health Department; Project LEAN; College/University; University of California Cooperative Extension; American Cancer-Southern Reach 2010

Description

LA BIND is a non-profit organization that is funded by the *Network* to provide technical assistance and nutrition education/physical activity resources to the nine currently funded Faith Community Outreach projects in Southern California. This organization of African-American Registered Dietitians (RD's) is enhancing the faith projects this year by:

- Conducting nutrition presentations and food demonstrations upon request at funded churches;
- Develop a manual entitled "Answers to your Food & Nutrition Questions"
- Develop 2 recipe cards with nutrition and physical activity messages
- Develop 2 newsletters with nutrition and physical activity information
- Provide nutrition articles for church bulletins and neighborhood newspapers; and
- Continue to revise their previously developed healthy ethnic recipe book, "Let Your Soul Food be Healthy with Food Made Good for the Soul."

In addition, this organization is conducting community outreach activities at local shopping malls, farmers' markets and cultural events such as the African-American Marketplace. Collaboration among the faith outreach projects is encouraged in conducting these activities to educate the broader community in the Los Angeles area.

LOS ANGELES COALITION TO END HUNGER AND HOMELESSNESS

Food Security Special Project

Frank Tamborello	Grant Amount:	\$40,000
520 South Virgil Avenue	Year First Funded:	FFY 2002
Suite 300		
Los Angeles, CA 90020		
Phone: (213) 439-1070 x112		
Fax: (213) 439-1080		
Email: frank@lacehh.org		

Target Audience

- Ages: Seniors
- Ethnicities: Asian; Latino; Pacific Islander
- Language: Spanish, Armenian, Russian

Settings

Community Center; Clinic; School; Grocery Store; Farmers' Market; Faith Organization

Partners

4 partners from: Faith-based; Community based & local coalitions

Description

This first year food security project is aimed directly at identifying food access needs, resources and recommendations for low-income and homeless people (approximately 55,000) living in Hollywood (90028) by completing a community food assessment process. The Community Food Security Coalition (CFSC) Community Food System Assessment Project, also funded by the *California Nutrition Network*, will provide the training, technical assistance and support to LACEHH's project.

LACEHH's scope of work calls for a broad educational activity for food pantry operators and other food providers in the target area about the objectives of the project and possible policy initiatives and action plans that may result from the assessment process. All food sources (pantries and vendors) will be identified and inventoried in the 90028 zip code area as well as a map of large grocery stores, WIC clinics, food stamp offices including information on prices, hours of availability, types of food, etc.

In addition, the project will also survey a sample of approximately 100-150 homeless persons, 75-125 seniors/older adults, and 75-125 very low-income families and through the use of focus groups, help determine a wide variety of food and dietary needs as well as identifying the top five barriers to accessing sufficient amounts of nutritious, affordable food.

The project will also facilitate a community education and organizing campaign to develop recommendations for improving food access in the Hollywood area via the newly formed Hollywood Community Action Network (HCAN).

LOS ANGELES COUNTY DEPARTMENT OF HEALTH SERVICES*California Project LEAN Regional Lead Agency***Johanna Asarian-Anderson, RD**

3530 Wilshire Blvd., Suite 800

Los Angeles, CA 90010

Phone: (213) 351-7809

Fax: (213) 351-2793

Email: janderson@dhs.co.la.ca.us

Grant Amount:**\$147,200****Year First Funded:****FFY 1998****Target Audience**

- Ages: Grades 5-12; Young Adults; Adults
- Ethnicities: Asian (5%); African American (10%); Latino (70%); Native American (1%); Pacific Islander (1%); Caucasian (13%)
- Language: Spanish, English

Settings

Community Center; Clinic; School; Grocery Store; Farmers' Market; Faith Organization

Partners

50 partners from: Schools; School Food Service; Local Health Department; Parks and Recreation; Project LEAN; College/University; University of California Cooperative Extension; Local Department of Social Services; ACS; AHA; WIC; Farmers markets

Description

Los Angeles Project LEAN convenes a coalition of partners to address community issues related to nutrition and/or physical activity. In an effort to enhance communication and to strengthen collaborative working relationships within the region, a two-day collaborative training was conducted in February 2003 within the region. All *Network*-funded Local Incentive Awardees and Special Projects in the region were surveyed for training needs and will be provided with training opportunities and technical assistance.

Regional staff provides expertise for media inquiries and activities occurring in the region, including coordination of activities for State-sponsored media campaigns such as National 5 A Day Week.

The region's Community-Based Social Marketing Project aims to increase fruit and vegetable consumption in the low-income Latino population within Service Planning Area 4. Promotoras (peer- to- peer educators) were selected and trained as data collectors and nutrition change agents for the campaign intervention. The Promotoras will conduct food demos with retail partners and classes at community centers and schools to reach 1000 parents of school-aged children. A compilation of the Promotora's favorite recipes will be tested, adapted and featured in a cookbook for the target audience. Media training of coalition partners, production of press kits and coordination of mass media outreach for campaign events will also occur.

LOS ANGELES COUNTY DEPARTMENT OF HEALTH SERVICES*PCFH Healthy Eating and Childhood Overweight Prevention Grant***Myrtis Tracy, MS, RD**

241 N Figueroa St #312

Los Angeles, CA 90012

Phone: (213) 989-7162

Fax: (213) 202-6096

Email: mtracy@dhs.co.la.ca.us

Grant Amount:**\$135,000****Year First Funded:****FFY 2002**Target Audience

- Ages: Grades 1-7; Adults
- Ethnicities: African American; Latino
- Language: Spanish, English

Settings

Community Center; Clinic; School

Partners

11 partners from: School Food Service; Project LEAN; University of California Cooperative Extension; Elementary Schools; L.A. County CHDP and MCH Programs; Elementary School Teachers; WIC Program; DHS Nutrition Programs; LA Unified School District medical services; 5 a Day programs

Description

The Los Angeles County Department of Health Services' L.A. County Kids on Track for Good Health Project plans to conduct the following activities: Form collaborations with public/private agencies to advocate for public policies to improve healthy eating and physical activity behaviors of low-income children 6-12 years of age in an endeavor to reduce overweight and obesity. Increase fruit and vegetable consumption by 1 serving within one year among low-income elementary school children 6-12 years of age in Service Planning Areas 4 and 6 (low-income areas within L.A. County). Develop food/nutrition and physical activity train the trainer curriculum utilizing community health workers to teach low-income families with children 6-12 years of age. Administer focus groups with parents, care providers, teachers and students for input in developing social marketing strategies. Develop nutrition/physical activity information packets and distribute to 5,000 low-income families with children 6-12 years of age.

LOS ANGELES COUNTY PUBLIC HEALTH SERVICES AND PROGRAM

LIA—Local Health Department Channel

Johanna Asarian-Anderson

Director, Nutrition Program
 County of Los Angeles—DHS Nutrition Program
 3530 Wilshire Blvd Suite 800
 Los Angeles, CA 90010
 Phone: (213) 351-7809
 Fax: (213) 351-2793
 Email: janderson@dhs.co.la.ca.us

Local Share: **\$1,508,444**

State Share: **\$754,220**

Year First Funded: **FFY 1998**

Target Audience

- Ages: All Ages
- Ethnicities: Asian (6%); African American (16%); Latino (59%); Native American (2%); Pacific Islander (2%); Caucasian (15%)

Settings

Community Center; School; Farmers' Market; Faith Organization

Partners

8 partners from: Project LEAN; University of California Cooperative Extension; Dairy Council; WIC; American Cancer Society; American Heart Association; United Way

Description

The County will continue to build a public/private framework around a health promotora model to implement community supported messages utilizing food and nutrition and physical activity promotion. This will include increasing the partnerships involved with the promotora program, identifying and making changes to the curriculum, training additional promotoras, and evaluating the program. With this community based promotora model they are building community capacity to promote nutrition and physical activity. Their messages will also be carried by Public Health Nurses and community workers who will be developing and implementing a nutrition and physical activity promotion strategic plan affecting three special service areas. The use of professionals will help to strengthen the health department infrastructure to address nutrition related health disparities. Lastly, the message will also be carried via video segments and marketing materials that will influence behaviors and environmental factors.

LOS ANGELES TRADE TECHNICAL COLLEGE*LIA—College/University Channel*

Michelle Gazmen, MPH
 400 W. Washington Blvd.
 Los Angeles, CA 90015
 Phone: (213) 763-7375
 Fax: (213) 763-5393
 Email: mgazmen@hotmail.com

Local Share: **\$1,060,644**
State Share: **\$530,322**
Year First Funded: **FFY 2000**

Target Audience

- Ages: PreKindergarten; Grades 6, 7; Young Adults; Adults
- Ethnicities: African American (43%); Latino (55%); Caucasian (2%)
- Language: Spanish, English

Settings

Community Center; Clinic; School; Faith Organization; Child Development Centers

Partners

12 partners

Description

This community college is located on the southern border of downtown Los Angeles, adjacent to one of the lowest income areas in the city. The project's goal is to increase knowledge and awareness of the role of nutrition and physical activity through partnership with King Drew Medical Center Pediatric Department and 24 Head Start locations. Nutrition education for preschool students feature active learning and appearances by the Nutrition Magician and Nutrition Artist emphasizing the intake of 5 fruits and vegetables to low-income children at four Child Development Centers of the Los Angeles Community College District.

On campus, the program offers nutrition education and healthy cooking demonstrations to CalWORKS students, and gives workshops on fast-food awareness and food label reading. Foster care teens visit a local grocery store, sampling and learning about produce selection. Parent education includes child and adult nutrition, picky preschool eaters and information on weight management and disease prevention.

Off campus, menu planning is offered following RDA Guidelines and Serve-Safe Certification to Child Development Center staff. Cooking demonstrations are held at faith-based organizations, health fairs, senior centers, middle schools and Boys and Girls' clubs in the service area. The program staff provides two outreach workers for federal food assistance programs, including Food Stamp application information. The program provides several ethnic food festivals at six different Head Start sites demonstrating healthy versions of traditional foods for families and children to increase their consumption of a variety of healthy foods. Activities include tastings and hands-on activities.

LOS ANGELES UNIFIED SCHOOL DISTRICT*LIA—School/District Channel*

Irene Kratz	Local Share:	\$11,796,080
LAUSD Nutrition Network	State Share:	\$5,898,040
6155 Bellaire Avenue	Year First Funded:	FFY 2000
Los Angeles, CA 91606		
Phone: (818) 761-3967		
Fax: (818) 761-7683		
Email: irene@lausdnutritionnetwork.org		

Target Audience

- Ages: PreKindergarten; Grades 1-12
- Ethnicities: Asian (4%); African American (12.4%); Latino (71.4%); Native American (0.3%); Pacific Islander (0.3%); Caucasian (9.6%); Filipino (2%)
- Language: Spanish, Vietnamese, Hmong, Cantonese, Tagalog, Korean, Khmer, Armenian, Mandarin, English, Farsi, Russian

Settings

School

Partners

Schools; School Food Service; Local Health Department; Parks and Recreation; Project LEAN; College/University; University of California Cooperative Extension; Businesses; Kaiser Permanente

Description

The Los Angeles Unified School District (LAUSD) is changing the way students think about food and exercise by engaging their taste buds, their minds, and their bodies. This is a collaborative effort between teachers, food service staff professionals, school nurses, parents, administrators, community members, and students. The project supports nutrition education for children so they have the desire and information needed to make healthy, positive choices for the rest of their lives. Project efforts are focused on three major areas: the classroom, the cafeteria, and the home.

With over 550,000 students eligible to participate in the program, the major project goals are comprehensive. They are:

- To build a network of individuals and organizations that reflect on issues related to improving nutritious eating and adequate exercise for pre-kindergarten- through twelfth-grade students in LAUSD in order to develop collaborative strategies for improvement.
- To increase staff awareness and access to nutrition education curriculum and instructional materials as well as to improve the overall nutrition understanding of educators and food service personnel.
- To build opportunities for students to participate in activities which connect school gardening and agriculture to development of good eating and physical exercise habits.
- To use social marketing strategies to heighten public awareness of and partnerships in District efforts to improve healthy eating and physical exercise for students and their families.
- To evaluate the strategies and activities being implemented through this initiative.

Over 200 schools and 250,000 students participate in the LAUSD project. From urban children delighting in growing their own food to monthly opportunities to sample different fresh fruits and vegetables, LAUSD students are excited about healthy eating. The outcome is healthy students who are prepared to learn in school.

MONROVIA UNIFIED SCHOOL DISTRICT*LIA—School/District Channel*

Erika Oduro	Local Share:	\$386,218
Healthy Start	State Share:	\$193,109
1831 Santa Fe Place	Year First Funded:	FFY 2000
Monrovia, CA 91016		
Phone: (626) 471-3078		
Fax: (626) 471-2088		
Email: healthystartcounseling@monrovia.k12.ca.us		

Target Audience

- Ages: Grades 1-12
- Ethnicities: Asian (2.4%); African American (12.4%); Latino (52.4%); Native American (0.7%); Pacific Islander (0.2%); Caucasian (28.5%); Filipino & Multiple Races (and other) (3.4%)
- Language: Spanish, English

Settings

School; Farmers' Market

Partners

2 partners from: Schools; School Food Service

Description

The Monrovia Unified School District (MUSD) Nutrition Network Program is continuing to promote nutrition education, physical activity and food stamp outreach in the schools. The MUSD Nutrition Network Program partners with the Food Services Department, the Parent Teacher Association, the Healthy Start Collaborative as well as the local grocery stores.

A needs assessment of nutrition education being conducted in the classroom is the beginning point of this year's project activities. Teacher trainings will be developed and conducted using the outcome of the needs assessment,. In addition to the areas identified in the needs assessment, the trainings will focus on integrated and coordinated nutrition education lessons and nutrition foundations at each school site. One-time workshops will be offered to staff at each school on aligning California Department of Education nutrition competencies with Language Arts, Math, Social Studies and other standards. In addition to teachers, after-school staff will also be trained. MUSD will begin accessing the school nutrition environment utilizing the School Health Index.

The MUSD Nutrition Network creates and distributes a monthly newsletter called "Food for Thought" to all teachers and district staff to generate interest in the area of nutrition education and offer ideas for incorporating nutrition-related concepts into the classroom.

MONTEBELLO UNIFIED SCHOOL DISTRICT—NUTRITION SERVICES*LIA—School/District Channel*

Piper Mattson, MS, RD	Local Share:	\$266,732
1612 Mines Avenue	State Share:	\$133,366
Montebello, CA 90640	Year First Funded:	FFY 1997
Phone: (323) 887-7967		
Fax: (323) 722-5371		
Email: mattson_piper@montebello.k12.ca.us		

Target Audience

- Ages: PreKindergarten; Grades 1-12; Adults
- Ethnicities: Asian (2%); Latino (91%); Caucasian (5%); African American, Filipino, others (2%)
- Language: Spanish, English, Armenian, Japanese

Settings

School

Partners

28 partners from: Schools; Project LEAN; College/University; University of California Cooperative Extension; SHAPE partners

Description

There are four primary areas of emphasis that follow the social-ecological model: classroom instruction, Nutrition Services sponsored events involving collaboration with school site cafeterias, campus-wide nutrition advocacy by students, and public service announcements produced by high school graphic arts students learning animation.

As a public school district, their main target population involves students. They have 28 schools, K-12. Because the nutrition environment so impacts children's eating habits, they also target parents, teachers, administrators and other school staff who affect the nutrition environment of campuses.

PASADENA CHURCH OF GOD*Faith Community Outreach Special Project*

Glovioell Rowland	Grant Amount:	\$50,000
Assistant Pastor	Year First Funded:	FFY 1999
404 E. Washington Blvd.		
Pasadena, CA 91104		
Phone: (626) 794-2951		
Fax: (626) 794-4125		
Email: pastorglovioell@aol.com		

Target Audience

- Ages: All Ages
- Ethnicities: African American (100%)
- Language: English

Settings

Faith Organization

Partners

6 partners from: Local Health Department; Parks and Recreation; Project LEAN; College/University; Ministerial associations; Retail store

Description

The Pasadena Church of God's Body & Soul Program is a premier, multifaceted program which engineers nutritional changes within church systems. Pastoral support and inspiration provides validation of nutrition messages as they are disseminated throughout the entire church structure. Body & Soul teaches ministers, church auxiliary leaders and educators the fundamentals of nutrition and its agreement with the principles of the Holy Bible. Policy changes occur at every level—from instituting policies that the Hospitality Committee include 5 a Day components in every church sponsored meal to developing bible study curriculum which focuses on nutrition.

Body & Soul has a strong community outreach component. The Project Director interfaces with the Pasadena Public Health Department's Food Policy Council to greater effect Food Security in the low-income African American community—the group is preparing an initiative for presentation to the Pasadena City Council. As Co-Chair of the Los Angeles Project Lean Coalition, Dr. Rowland is working with the team on Soda Initiatives for Unified School Districts.

Ministerial Alliances are presented with the American Cancer Society's Body & Soul program in which Project Director is a National Trainer. Retail store tours directed toward food stamp eligible participants will occur. On a large media scale, Dr. Rowland is writing a Religious column in the local African American Weekly Newspaper titled, "Ask Pastor Glovioell." This is a Question & Answer column focused on nutrition and physical activity as it relates to the Holy Bible.

PASADENA, CITY OF*Healthy Cities and Communities Special Project***Marc Saenz**

1845 North Fair Oaks Avenue
Pasadena, CA 91103

Phone: (626) 744-6163

Fax: (626) 744-6114

Email: msaenz@ci.pasadena.ca.us

Grant Amount:

\$25,000

Year First Funded:

FFY 2000

Target Audience

- Ages: All Ages
- Ethnicities: Asian (8%); African American (18.7%); Latino (27%); Native American (0.1%); Caucasian (45%); Other (1.9%)
- Language: Spanish, Armenian, English

Settings

Community Center; School; Grocery Store; Farmers' Market; Faith Organization

Partners

Schools; Local Health Department; Parks and Recreation; Project LEAN; University of California Cooperative Extension; Local Department of Social Services; Community-Based Organizations

Description

This California Healthy City and Communities (CHCC) grantee was first funded in January 2000 and three year funding cycle ended January 2003. The following information reflects the final status on third year interventions in nutrition education, physical activity promotion, and food access policy for low-income residents of Northwest Pasadena and Southwest Altadena. Results are as follows:

Nine community members participated in a 10-week pilot session of the Pasadena Healthy Living Leaders (PHLL) program, utilizing a train-the-trainer model. The PHLLs participated in nutrition education and physical activity promotion activity workshops to gain competence to prepare them to conduct subsequent programs with local residents in identified low-income neighborhoods. During the 2002-2003-program year, the PHLL program conducted three 10-week courses (one in Spanish) for 27 participants, including 5 senior citizens and 13 Latina mothers. The results indicated that knowledge in the areas of nutrition and physical activity increased by an average of 8 percent.

In November 2002, the Gift of Health Program was piloted among 16 employees in the Pasadena Public Health Department. Participants were asked to be physically active for a minimum of 30 minutes at least three times a week for six weeks. The Gift of Health Program combined exercise and weight tracking logs, motivational and informative weekly e-mails, sharing of information among participants, and incentives (e.g., cookbooks), to promote healthy behaviors. In January 2003, the program was opened to all city employees through two six-week sessions. Approximately 165 employees, including the City Manager, registered for this program. Eighty-eight (53 percent) of the 165 participants were residents of the project's target audience neighborhoods of Pasadena and Altadena. Currently, the local staff is collecting quantitative and qualitative data to analyze short-term outcomes, and completion rates and resident percentages of the pilot group. To explore longer-term outcomes, local staff anticipate conducting a follow-up e-

mail survey in three to six months to all participants to gauge how many continue to engage in a regular physical activity program.

The Pasadena Food Policy Council's (PFPC) legislative subcommittee met a total of 10 times. A food policy paper is in its draft stages, and has four main focus areas: increasing food security; increasing use and coordination of public food programs; expanding nutrition programs for children and youth; and reducing childhood obesity. The policy paper includes policy recommendations to be presented to the City Council on April 21, 2003. Although originally slated for presentation to the City Council in January 2003, the date has been changed due to a longer-than-anticipated timeframe necessary for the PFPC to reach consensus and finalize the policy paper.

Although CHCC funding has ended for this project, the City of Pasadena continues community nutrition outreach through its participation as a *Network* Local Incentive Awardee.

PASADENA, CITY OF*LIA—City-Government Channel*

Joy Guihama, MPH, CHES
 1845 North Fair Oaks Avenue
 Pasadena, CA 91103

Phone: (626) 744-6050

Fax: (626) 744-6114

Email: jguihama@ci.pasadena.ca.us

Local Share: \$163,138

State Share: \$81,569

Year First Funded: FFY 2000

Target Audience

- Ages: All Ages
- Ethnicities: Asian (8%); African American (18.7%); Latino (27%); Native American (0.1%); Caucasian (45%); Other (1.9%)
- Language: Spanish, Armenian, English

Settings

Community Center; School; Grocery Store; Farmers' Market; Faith Organization

Partners

Schools; Local Health Department; Parks and Recreation; Project LEAN; University of California Cooperative Extension; Local Department of Social Services; Community-Based Organizations

Description

The Nutrition and Physical Activity Project of the Pasadena Public Health Department and the Pasadena Food Policy Council will continue their innovative work of nutrition education, physical activity promotion and food stamp promotion through a variety of community-based channels.

A major objective of this year will be to start a new community garden in northwest Pasadena to assist low income families with their nutritional needs. Along with establishing this garden will come a variety of educational components on the nutritional value of certain types of produce and the importance of eating 5 a Day for the whole family. This will be multi-level collaborative effort, bringing together several local agencies and organizations.

Another objective this year will be utilizing community members who have participated in the Pasadena Healthy Living Leaders program, a 10-week healthy lifestyle workshop series, to lead or facilitate various community-wide nutrition education or physical activity promotion events in their own communities.

Additionally, they will attempt to reach 10,000 low-income families throughout Pasadena Unified School District to increase their knowledge of food stamp eligibility and thus, increase participation in the food stamp program by 10 percent. This large collaborative effort will involve several partners citywide.

POMONA INLAND VALLEY COUNCIL OF CHURCHES (PIVCC): FOOD SECURITY OUTREACH INITIATIVE

Food Security Special Project

Harry Brown-Hiegel

Farmers Market Program Manager
1906 West 22nd Street
Los Angeles, CA 90018-1644

Phone: (310) 258-4026

Fax: (310) 649-1024

Email: hiegel@attbi.com

Grant Amount:

\$39,000

Year First Funded:

FFY 2000

Target Audience

- Ages: All Ages
- Ethnicities: Asian; African American; Latino; Caucasian
- Language: Spanish, Vietnamese, Korean, English

Settings

Farmers' Market; Emergency food program

Partners

School Food Service; Local Health Department; Project LEAN; College/University; University of California Cooperative Extension; Local Department of Social Services; Local Churches; City Administrative Staff

Description

This faith-based, ecumenical food security project provides nutrition education and food security interventions and advocacy at two sites serving low-income individuals and families: the Beta Hunger Center and the Pomona Valley Farmers' Market.

The Beta Hunger Center provides emergency food assistance to qualified clients in a wide area in the eastern part of Los Angeles County and San Bernardino County. In 2002, well over 22,000 individuals and families were served. The Farmers' Market currently involves 25 family farmers at its year-round market every Saturday at a well-located church parking lot in Pomona.

In addition to their ongoing basic services, both aspects of the project provide significant Food Stamp promotion as a way of assisting people to be less dependent on emergency food and better able to purchase healthy food in the community, including fresh fruits and vegetables. The project utilizes a software program developed by the Los Angeles Regional Food Bank to ascertain the likelihood of applicants qualifying for Food Stamps and directly assist clients completing Food Stamp applications.

Each Saturday, the Farmers' Market also provides nutrition education and *Network* and *5 a Day* materials to customers through its Nutrition Camp set up at a central location. One Saturday a month the "Ask A Dietitian" program of the Los Angeles County Health Department provides nutrition education services, and two Saturdays a month, nutrition class students from CSU, Pomona, under faculty supervision, conduct food preparation and nutrition classes, and administer food pyramid-oriented class evaluations.

REDONDO BEACH UNIFIED SCHOOL DISTRICT*LIA—School/District Channel***Kristin Biddle**1401 Inglewood Ave.
Redondo Beach, CA 90278

Phone: (562) 493-2008

Fax: (562) 493-2008

Email: kristinbiddle@cs.com

Local Share:**\$266,694****State Share:****\$133,347****Year First Funded:****FFY 2000****Target Audience**

- Ages: PreKindergarten
- Ethnicities: Asian (17%); African American (13%); Latino (45%); Caucasian (25%)
- Language: Spanish

Settings

School

Partners

5 partners from: Schools; School Food Service; Project LEAN; Beach Cities Health District; SHAPE California

Description

This school district located in Los Angeles County is targeting four low resource schools to promote healthy eating, with special attention given to increasing fruit and vegetable consumption. Nutrition education activities and physical education promotions take place at four Child Development Centers. Students participate in nutrition education activities and physical education promotions to teach them about the benefits of eating fruits and vegetables to their overall health. The Nutritionist, Nutrition Storyteller/Musician, Child Development Center Teachers, Aides, Nutrition Education Activities Assistant and Nutrition Coordinators conduct various nutrition activities, including "Harvest of the Month" newsletters, nutrition education activities, and weekly recipe taste testings that are prepared by the students. Parents will receive nutrition information through a series of open houses at the Child Development Centers. This project enhances the teaching of nutrition and helps students make healthier food choices.

ROSEMEAD SCHOOL DISTRICT*LIA—School/District Channel*

Diane Ezzo	Local Share:	\$101,636
Food Service Director	State Share:	\$50,818
3907 Rosemead Blvd., Suite 240	Year First Funded:	FFY 2001
Rosemead, CA 91770		
Phone: (626) 312-2900 x255		
Fax: (626) 312-2921		
Email: dezzo@rosemead.k12.ca.us		

Target Audience

- Ages: PreKindergarten; Grades 1-8
- Ethnicities: Asian (55%); Latino (45%); Caucasian (5%)
- Language: Spanish, Vietnamese, Cantonese, Tagalog, English

Settings

School

Partners

Schools; School Food Service; Project LEAN; Cancer Society & 5 a Day

Description

Rosemead School District is continuing to utilize salad bars at all sites emphasizing the importance and nutritional qualities of eating fresh fruits and vegetables.

They promote *5 a Day* at “Back to School” and “Open House” nights. They accomplish this by providing fresh fruit and vegetable samples along with the *5 a Day* literature, breakfast promotional literature, and dietary guidelines. They have an attractive display at a central or entrance point at the school where we can reach the optimum number of people coming on campus.

Rosemead School District sponsors a nutrition theme art contest in the fall and an essay contest in the spring with the “Importance of Eating Breakfast” as the theme.

Each year they participate in the Migrant Education Department’s “Peace Fair” where they promote *5 a Day* with fresh fruit and vegetable samples and the *5 a Day* literature. They also provide nutrition lessons in English, Spanish, and Cantonese at the Migrant Education Saturday School.

They are establishing a “Nutrition Resource Corner” in each of the school libraries with a variety of nutrition books and learning aids.

The “Rosemead Reporter,” the local newspaper, periodically publishes articles on what they are doing to promote nutrition with our *California Nutrition Network* funds.

SANTA CLARITA VALLEY SCHOOL FOOD SERVICES AGENCY*LIA—School/District Channel*

Tracy Fiscella, MS, RD
 25210 Anza Drive
 Santa Clarita, CA 91355
 Phone: (661) 295-1574 x117
 Fax: (661) 295-0981
 Email: tfiscella@scvsfsa.org

Local Share: \$147,118
State Share: \$73,559
Year First Funded: FFY 2000

Target Audience

- Ages: PreKindergarten; Grades 1-6; Young Adults; Adults
- Ethnicities: Asian (1%); African American (3%); Latino (47%); Native American; Pacific Islander (1%); Caucasian (48%)
- Language: Spanish, English

Settings

School

Partners

12 partners from: Schools; School Food Service; Project LEAN; University of California Cooperative Extension; Newhall Family Resource Ctr.; SHAPE; Dairy Council; ACS; KidShape

Description

The goal of this third year project is to strengthen nutrition education efforts from the cafeteria to the classroom to the home among schools in Santa Clarita with >50 percent of students on free/reduced meals. SCVSFSA will partner with schools and organizations such as Project LEAN, 5 a Day, Dairy Council of California, KidShape and the Newhall Family Resource Center to provide nutrition and physical activity education to school administrators, teachers, students and their parents. Their primary objective is to increase participation in our school meal programs, while integrating nutrition education into the curriculum.

Over 120 teachers will participate in the Harvest of the Month program, which connects literacy with increased consumption of fruits and vegetables. These teachers will also receive training to integrate nutrition into their core curriculum with an emphasis on language arts. Strategies include providing training and resources for classroom cooking, promoting school gardens, and Central Kitchen tours/activities. Schools will also receive resources and curriculum for promoting consumption of fruits and vegetables. The establishment of a Nutrition Advisory Council at 1-2 sites will link students to decisions regarding nutritious breakfast and lunch choices at school.

SECOND AFRICAN METHODIST EPISCOPAL CHURCH*Faith Community Outreach Special Project***Dr. Edna D. Stafford**

5500 South Hoover Street
Los Angeles, CA 90037

Phone: (323) 751-2096

Fax: (323) 751-4424

Email: eds5500@aol.com

Grant Amount:

\$50,000

Year First Funded:

FFY 2000

Target Audience

- Ages: Adults
- Ethnicities: African American (100%)
- Language: English

Settings

Farmers' Market; Restaurant; Faith Organization

Partners

6 partners from: Project LEAN; University of California Cooperative Extension; Community Health Council Reach 2010; Church partners; LA Fitness Gym

Description

This church, with a congregation size of 300-400 members, is continuing its health ministry with a focus on nutrition education and physical activity promotion for their congregation, partnering churches, and the surrounding community of low-income residents. The church collaborates with the American Heart Association, African-American Diabetes Association, WIC, the Hubert Humphrey Health Center, Los Angeles Department of Health Services, REACH 2010, LA BIND, and five area churches to provide ongoing nutrition/cooking demonstrations and physical activity promotion. This church subcontracts with a RD from LA BIND for nutrition/cooking classes. They have partnered with LA Fitness Gym to provide free physical activity classes. Church bulletins, flyers, pulpit messages, other organizational newsletters, and food distribution centers also communicate their nutrition/physical activity messages. Special events include field trips to a farmers' market, field trips to neighborhood restaurants to learn about and encourage healthy choices, a Men's Cook-off, Walk-a-Thon and an annual summer health fair. This project is evaluating its impact on fruit and vegetable intake and physical activity habits of program participants with the CPNS survey tools. Program evaluation also includes the number of materials distributed, attendance records, class outlines, meeting minutes, and outreach records.

SUSTAINABLE ECONOMIC ENTERPRISES OF LOS ANGELES—HOLLYWOOD FARMERS' MARKET

Food Security Special Project

Pompea Smith	Grant Amount:	\$41,359
6541 Hollywood Boulevard—Janes House	Year First Funded:	FFY 2000
Hollywood, CA 90028		
Phone: (323) 463-3171		
Fax: (323) 463-1062		
Email: pompea@farmernet.com		

Target Audience

- Ages: All Ages
- Ethnicities: Asian (16%); African American (7%); Latino (44%); Caucasian (33%)
- Language: Spanish, English

Settings

Community Center; School; Farmers' Market; Faith Organization

Partners

Schools; Local Health Department; Parks and Recreation; Project LEAN; University of California Cooperative Extension; Council Office; Local non-profit org.

Description

This third year food security project is an outgrowth of the very successful Hollywood Farmers' Market and is aimed at the establishment, operation, and sustainability of small satellite farmers' markets in low-income neighborhoods in Hollywood and South Central Los Angeles.

The overarching goal of the project is to increase food and vegetable consumption and encourage healthier food choices by Los Angeles' low-income residents to promote health and prevent disease. Four high impact objectives support progress towards achieving the goal in the target neighborhoods including the convening of two focus groups to identify site for the project's "Good Cooking" classes and the design and delivery of three sets of six week practical nutrition education classes at the selected locations.

The second goal of the project is to improve low-income food shoppers' access to farmers' markets and locally grown, budget-friendly fresh produce. Towards that end, the project will continue to operate the first Farm-to-Table farmers' markets and a third farmers' market will be developed at a Central Avenue location.

A resource development plan will be initiated for new farmers' markets including the establishment of a market budget, the development and implementation of a customer survey, assessment of the feasibility of new operations at new sites, and meetings with local community organizations to help plan new farmers' markets, and expediting the permit and funding process.

UNIVERSITY OF CALIFORNIA COOPERATIVE EXTENSION, LOS ANGELES COUNTY*5 a Day–Power Play! Campaign***Marvin Espinoza**

UC Cooperative Extension, Los Angeles County
 2 Coral Circle
 Monterey Park, CA 91755

Phone: (323) 838-4542

Fax: (323) 838-7449

Email: maespinoza@ucdavis.edu

Grant Amount:

\$250,000

Year First Funded:

FFY 1999

Target Audience

- Ages: Grades 4, 5
- Language: Spanish, English

Settings

School; Grocery Store; Farmers' Market; Restaurant; Community youth organizations; Community events; Media

Partners

Schools; School Food Service; Local Health Department; Parks and Recreation; University of California Cooperative Extension; Community youth organizations; Supermarkets; Farmers' markets; Restaurants; Media

Description

The University of California Cooperative Extension, Los Angeles County acts as the Los Angeles Region lead agency for the *California Children's 5 a Day–Power Play! Campaign*. During 2003, the region will reach 9- to 11-year-old children with the *5 a Day* and physical activity messages through activities conducted with schools, community youth organizations, farmers' markets, supermarkets, food services/ restaurants and the media. The lead agency will recruit participation from a variety of community organizations; provide training and technical assistance; lead policy, environmental and/or systems changes within the region; conduct media and public relations outreach; enhance connections among participating organizations; and facilitate a community coalition. Through these activities, the lead agency will ensure that the *Campaign* achieves at least 336,000 impressions with the region's 168,400 low-income 9- to 11-year-old children. The Los Angeles Region includes Los Angeles County only.

UNIVERSITY OF CALIFORNIA COOPERATIVE EXTENSION, LOS ANGELES COUNTY*LIA—University of California Cooperative Extension Channel*

Rachel Surls	Local Share:	\$200,000
UCCE	State Share:	\$100,000
2 Coral Circle	Year First Funded:	FFY 2000
Building B, 2nd Floor		
Monterey Park, CA 91755		
Phone: (323) 838-8325		
Fax: (323) 838-7449		
Email: ramabie@ucdavis.edu		

Target Audience

- Ages: Adults; Seniors
- Ethnicities: African American (25%); Latino (60%); Pacific Islander (5%); Caucasian (10%)
- Language: Spanish, English

Settings

Community Center; School; Grocery Store; Farmers' Market; Faith Organization; Community Gardens

Partners

50 partners from: Schools; College/University; University of California Cooperative Extension; Head Start, community agencies; Community gardens

Description

The University of California Cooperative Extension (UCCE), in conjunction with the *California Nutrition Network*, offers three nutrition education programs for low-income families and seniors in Los Angeles County from October, 2002-September, 2004.

The first program is "Fresh from the Garden," an effort to help home and community gardeners make best use of the produce from their gardens. They provide in-garden cooking lessons to help gardeners try new vegetable preparation techniques.

Another program offers a six-week nutrition education class for families in low-income communities. Along with nutrition education, they include one-time fitness demonstrations.

The third project, Senior Nutrition Initiative, provides nutrition education workshops for senior citizens at public housing sites. Seniors participate in hands-on recipe demonstrations and one-time fitness demonstrations.

**UNIVERSITY OF CALIFORNIA, LOS ANGELES, CHARLES R. DREW UNIVERSITY OF
MEDICINE AND SCIENCE**
LIA—College/University Channel

Susan Bowerman, MS, RD
UCLA Center for Human Nutrition
900 Veteran Avenue
Room 2-217
Los Angeles, CA 92295
Phone: (310) 206-3912
Fax: (310) 206-5264
Email: sbowerman@mednet.ucla.edu

Local Share: **\$426,104**
State Share: **\$213,052**
Year First Funded: **FFY 2002**

Target Audience

- Ages: Young Adults; Adults
- Ethnicities: African American (60%); Latino (40%)
- Language: Spanish, English

Settings

Clinic; University

Partners

2 partners from: Local Health Department; College/University

Description

The University of California at Los Angeles (UCLA) Center for Human Nutrition is expanding its program to promote healthy weight and healthy lifestyles through a collaboration with the Los Angeles County Health Department and Drew University. UCLA is one of eight nationally recognized centers in obesity research (Centers for Obesity Research and Education, C.O.R.E.) which provides training in the management of overweight and obesity to physicians, physician assistants, nurse practitioners, registered dietitians, nurses and other health care providers. Education is done in a small-group, workshop format, and includes training in understanding behavior change, effective patient-provider communication techniques, and dietary therapy, pharmacotherapy and surgical approaches to treatment. The program will expand to Service Planning Area Six (SPA-6) of Los Angeles County to train and establish primary care residents, community physicians, community physician assistants, community nurse practitioners and community registered dietitians as "agents of change" who work at the front lines to educate patients on healthy dietary and lifestyle habits. The educational materials that are in use at UCLA will be adopted and revised to meet the specific needs of the target population, and a referral network for community nutrition resources to address the food security needs of residents in the Service Planning Area will also be developed.

VAUGHN NEXT CENTURY LEARNING CENTER*LIA—School/District Channel*

Dr. Yvonne Chan	Local Share:	\$88,424
13330 Vaughn Street	State Share:	\$44,212
San Fernando, CA 91340	Year First Funded:	FFY 2000
Phone: (818) 834-1553		
Fax: (818) 834-9036		
Email: ychan@vaughn.k12.ca.us		

Target Audience

- Ages: PreKindergarten; Grades 1-6
- Ethnicities: Asian (0.2%); African American (4.2%); Latino (94.6%)
- Language: Spanish, English

Settings

School

Partners

School Food Service; Local Health Department; Project LEAN

Description

The project targets 1,400 students by incorporating nutrition education promotion into the school's daily curriculum and health clinic and by providing parent and family education. Nutrition education includes discussion of the food cycle, food choices, balanced meals, eating habits, cultural awareness, related health problems, obesity, and physical activity promotion. The project works with a task force to design and implement appropriate strategies. Task force members include school district programs, CSU researchers and faculty, food service personnel, and representatives of faculty and parents.

WEINGART YMCA*Physical Activity and Nutrition Resource Center***Lottie Cleveland**

Project Director
 9900 S Vermont Avenue
 Los Angeles, CA 90044-3110
 Phone: (323) 754-3191 x2025
 Email: lottiecleveland@ymcala.org

Grant Amount:**\$150,000****Year First Funded:****FFY 2002**Target Audience

- Ages: Grades 1-12; Young Adults; Adults
- Ethnicities: African American; Latino
- Language: Spanish, English

Settings

Community Center; School; Faith Organization; Park and Recreation centers

Partners

3 partners

Description

The goals are to: (1) engage the YMCA and nutrition education and physical activity leaders of this community in designing an Integral Physical Activity Resource Center (PARC) and (2) create a PARC that supports local nutrition education projects. The purpose is to affect behavior change among target audiences and establish learning through the implementation of integrated physical activity and nutrition outreach. Because of the YMCAs' familiarity and current involvement with this population, the YMCA along with collaborating agencies are working together to educate families and communities about healthy eating and increased physical activity through:

- Link physical activity providers and nutrition providers.
- Promote healthy lifestyle through nutrition classes.
- Assistant Coordinator- YMCA Healthy Kids Day/Walk-a-Thon (April 5, 2003).
- YMCA family night healthy snacks demonstrations.